

Fall Breakfast Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Mandarin Oranges Milk***	Whole grain Bagel w/ low-fat cream cheese 1 c. Fresh Sliced Pears Milk	Whole grain Warm Blueberry Muffin 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Maple syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce	Whole Grain Cheerios 1/2 c. Low-fat strawberry yogurt Whole Banana Milk
Week 2	Egg and Turkey Sausage on Whole grain English Muffin 1 c. 100% White Grape Juice Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh Pear slices Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes Milk	Whole grain silver Dollar Pancakes Maple syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Mandarin Oranges Milk
Week 3	Turkey sausage Egg & Cheese on Whole grain Bagel 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole wheat bagel w/ Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Strawberry Fruit topping 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain cheerios Low-fat Vanilla yogurt w/ 1/4 Granola 1 c. Fresh Sliced Pears Milk
Week 4	Western Omelet Quesadilla Whole grain toast 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain cinnamon Sugar Oatmeal w/ 1/4 c. Cranberries Whole Banana Milk	Warm whole Grain Blueberry Oat Muffin Low-fat String Cheese 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain French toast sticks Maple Syrup 1 c. 100% White Grape Juice Milk	Whole grain Cheerios Low-fat Strawberry Yogurt 1/2 c. Fresh Pineapple Chunks 1/2c. Peach Cup Milk
Week 5	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. Fresh Sliced Pears Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk

***1% Unflavored and Fat-free Flavored milk offered daily

Fall Breakfast Menu • Week 1 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain Bagel w/ low-fat cream cheese 1 c. Fresh Sliced Pears Milk	Whole grain Warm Blueberry Muffin 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Maple syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole Grain Cheerios 1/2 c. Low-fat strawberry yogurt Whole Banana Milk		
Fruits	Apples= 1/2 cup Mandarin Oranges= 1/2 cup	Pears= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	5 cups	5 cups
Vegetables							0 cups*
Grains	Whole grain English muffin = 1 oz.	Whole grain bagel= 2 oz.	Whole grain blueberry muffin= 1 oz.	Whole grain French Toast= 2 oz.	1 cup cereal= 1 oz. eq.	7oz. 7 oz. whole grain-rich	8-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Cheese= 1 oz.				1/2 c. yogurt= 1 oz. eq.	3 oz. eq.	0 cups***
Total Grains & Meat/Meat Alt.						10 oz. eq.	8-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or “other” vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	432.6 kcal	400-550 kcal
Sodium	475.54 mg	≤ 600 mg
Saturated Fat	3.69%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Warm Blueberry Oat Muffin

Summary of USDA Foods

Grains

French Toast Stick

Meat/ Meat Alternate

Egg

Cheddar Cheese

Fruits

Fresh Apple Slices

Fresh Pears

Canned Peaches

Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

Fall Breakfast Menu • Week 2 Breakdown • Grades 6-8



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Turkey Sausage on Whole grain English Muffin 1 c. 100% White Grape Juice Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh Pear slices Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes Milk	Whole grain silver Dollar Pancakes Maple syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Mandarin Oranges Milk		
Fruits	Grape Juice= 1 cup	Pineapple= 1/2 cup Fresh pears= 1/2 cup	Grapes= 1/2 cup 1/4 cup cranberries= 1/2 cup eq.	Banana= 1 cup	Apples= 1/2 cup Mandarin oranges= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz. 1 oz. whole grain-rich	Banana Bread= 2 oz. 2 oz. whole grain-rich	1 c. Oatmeal= 1 oz. 1 oz. whole grain-rich	Pancakes= 2 oz. 2 oz. whole grain-rich	1 cup cereal= 1 oz.	7 oz. eq. 7 oz. whole grain-rich	8-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Sausage= 1 oz. (Extra)	Egg= 1oz.				2 oz.	0 cups***
Total Grains & Meat/Meat Alt.						9 oz. eq.	8-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or “other” vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	435.8 kcal	400-550 kcal
Sodium	371 mg	≤ 600 mg
Saturated Fat	4.11%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Banana Bread

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Oatmeal, Whole Grain Oats

Meat/ Meat Alternate

Egg

String Cheese

Fruits

Pear Slices, Fresh

Apple slices, Fresh

Produce Pricing: **Coming Soon!**

Conventional

Local

Fall Breakfast Menu • Week 3 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Turkey sausage Egg & Cheese on Whole grain Bagel 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole wheat bagel w/ Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Strawberry Fruit topping 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain cheerios Low-fat Vanilla yogurt w/ 1/4 Granola 1 c. Fresh Sliced Pears Milk		
Fruits	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	Apples= 1/2 cup Oranges= 1/2 cup	Pears= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain bagel= 1 oz.	Whole grain bagel= 2 oz.	Whole grain Muffin= 1 oz.	Whole grain waffle= 2 oz.	1 cup cereal= 1 oz. eq.	7 oz. 7 oz. whole grain-rich	8-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Sausage= 1 oz.		String cheese= 1 oz.			3 oz.	0 cups***
Total Grains & Meat /Meat Alt.						10 oz. eq.	8-10 oz. eq.
Milk	1 cup	1 cup		1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or “other” vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	525.4 kcal	400-550 kcal
Sodium	523.8 mg	≤ 600 mg
Saturated Fat	4.90%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Pumpkin Muffin

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Peach cup

Pear Slices, Fresh

Applesauce

Apple slices, Fresh

Produce Pricing: Coming Soon!

Conventional

Local

Fall Breakfast Menu • Week 4 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<p>Western Omelet Quesadilla Whole grain toast</p> <p>1/2 c. Fresh Grapes 1/2 c. Applesauce</p> <p>Milk</p>	<p>Whole grain cinnamon Sugar Oatmeal w/ 1/4 c. Cranberries</p> <p>Whole Banana</p> <p>Milk</p>	<p>Warm whole Grain Blueberry Oat Muffin</p> <p>Low-fat String Cheese</p> <p>1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges</p> <p>Milk</p>	<p>Whole grain French toast sticks Maple Syrup</p> <p>1 c. 100% White Grape Juice</p> <p>Milk</p>	<p>Whole grain Cheerios</p> <p>Low-fat Strawberry Yogurt</p> <p>1/2 c. Fresh Pineapple Chunks 1/2c. Peach Cup</p> <p>Milk</p>		
Fruits	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup Cranberries= 1/4 cup (1/2 c. eq.)	Apples= 1/2 cup Oranges= 1/2 cup	Juice=1 cup	Pineapple= 1/2 cup Peach cup = 1/2 cup	5 1/4 cups	5 cups
Vegetable	Omelet= 1/4 cup					1/4 cup	0 cups*
Grains	Whole grain bread= 1 oz.	1 cup oatmeal= 1 oz.	Muffin= 1 oz.	Whole grain French toast= 2 oz.	1 cup cereal= 1 oz.	6 oz. 6 oz. whole grain-rich	8-10 oz. eq.**
Meat/Meat Alternate	Eggs= 1 oz.		String cheese= 1 oz.		1/2 cup yogurt= 1 oz.	3 oz.	0 cups***
Total grains & Meat/Meat Alt.						9 oz. eq.	8-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or “other” vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	455 kcal	400-550 kcal
Sodium	509.94 mg	≤ 600 mg
Saturated Fat	3.50%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Western Omelet Quesadilla
Warm Blueberry Oat Muffin

Summary of USDA Foods

Grains

Whole grain bread (toast)
Baked French Toast Sticks
Oatmeal, Whole Grain Oats

Meat/ Meat Alternate

String Cheese

Fruits

Applesauce
Peach cup
Apple slices, Fresh

Produce Pricing: Coming Soon!

Conventional

Local

Fall Breakfast Menu • Week 5 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. Fresh Sliced Pears Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk		
Fruits	Banana= 1 cup	Apple= 1/2 cup Oranges= 1/2 cup	Pears= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz.	Banana Bread= 1 oz.	Pumpkin muffin= 1 oz.	Pancakes= 2 oz.	1 cup cheerios= 1 oz. eq.	6 oz. 6 oz. whole grain-rich	8-10 oz. eq.**
Meat/Meat Alternate	Egg= 1oz. Cheese= 1oz.	Egg= 1 oz.			1/2 cup yogurt= 1 oz. eq.	3 oz.	0 cups***
Total Grains & Meat /Meat Alt.						9 oz. eq.	8-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or “other” vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	469.4 kcal	400-550 kcal
Sodium	381 mg	≤ 600 mg
Saturated Fat	4.58%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Banana Bread

Pumpkin Muffin

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Apple slices, Fresh

Fresh Pears

Peach cup

Applesauce

Produce Pricing: Coming Soon!

Conventional

Local